What is claimed is:

1. A backup system which backs up memory information in a cell phone to a terminal by transmitting/receiving electronic mail, wherein

said terminal comprises instruction mail creating means for creating, as backup instruction mail, electronic mail having information for instructing to perform backup stored in a header portion, and

backup means for analyzing the header portion of the received electronic mail, and when detecting that the mail is backup response mail from said cell phone, decoding a text of the received backup response mail and backing up the text, and

said cell phone comprises response mail creating means for analyzing the header portion of the received electronic mail, creating, as backup response mail, electronic mail having a text in which the memory information in said cell phone is coded and written, when detecting that the mail is backup instruction mail from said terminal, and transmitting the mail to said terminal.

2. A system according to claim 1, wherein said cell phone further comprises notification means for notifying a notification destination associated with an owner of a corresponding cell phone of information

associated with backup processing upon completion of backup.

3. A system according to claim 1, wherein the header portion of the backup instruction mail contains authentication information for a terminal-side user which is personal identification information obtained as a result of computing specific header information according to a predetermined algorithm, and

said cell phone performs personal identification for the user from specific header information and a computation result based on the predetermined algorithm when receiving backup instruction mail.

4. A system according to claim 1, wherein said terminal includes a backup schedule table, and

said instruction mail creating means automatically creates backup instruction mail in accordance with said backup schedule table and transmits the mail to said cell phone.

5. A system according to claim 1, wherein said terminal further comprises instruction mail creating means for creating, as restore instruction

mail, electronic mail containing a header portion in which information for instructing to restore is stored and a mail text in which memory information to be restored is coded and written, and

said cell phone further comprises restore means for analyzing a header portion of electronic mail when receiving the mail from said terminal, and when detecting that the mail is restore instruction mail, decoding and restoring the text of the restore instruction mail.

6. A system according to claim 5, wherein said cell phone further comprises notification means for, after completion of restore, notifying a notification destination associated with an owner of a corresponding cell phone of information associated with restore processing.

7. A system according to claim 5, wherein

the header portion of the restore instruction mail contains authentication information for a terminal-side user which is personal identification information obtained as a result of computing specific header information according to a predetermined algorithm, and

said cell phone performs personal identification for the user from specific header

information and a computation result based on the predetermined algorithm when receiving restore instruction mail.

8. A system according to claim 5, further comprising completion notification mail creating means for creating restore completion notification mail and transmitting the mail to said cell phone upon completion of restore.

9. A backup system which restores memory information in a cell phone from a terminal by transmitting/receiving electronic mail, wherein

said terminal comprises instruction mail creating means for creating, as restore instruction mail, electronic mail containing a header portion in which information for instructing to restore is stored and a mail text in which memory information to be restored is coded and written, and

said cell phone comprises restore means for analyzing the header portion of the electronic mail when receiving the mail from said terminal, and when detecting that the mail is restore instruction mail, decoding and restoring a text of the restore instruction mail.

10. A backup method of backing up memory

information in a cell phone to a terminal by transmitting/receiving electronic mail, comprising the steps of:

transmitting, as backup instruction mail from the terminal, electronic mail having a header portion in which information for instructing to perform backup is stored;

causing the cell phone to analyze the header portion of the electronic mail from the terminal;

when detecting that the mail is backup instruction mail, transmitting, from the cell phone to the terminal as backup response mail, electronic mail having a text in which memory information in the cell phone is coded and written;

causing the terminal to analyze the header portion of the electronic mail when receiving the electronic mail from the cell phone; and

when detecting that the mail is backup response mail, decoding and backing up the text of the electronic mail.

11. A method according to claim 10, further comprising the steps of:

transmitting, as restore instruction mail from the terminal, electronic mail containing a header portion in which information for instructing to restore is stored and a mail text in which memory information to

be restored is coded and written;

causing the cell phone to analyze the header portion of the electronic mail when receiving the electronic mail from the terminal; and

when detecting that the mail is restore instruction mail, decoding and restoring the text of the electronic mail.

12. A method according to claim 11, further comprising the step of, after completion of backup and restore, causing the cell phone to notify a notification destination associated with an owner of a corresponding cell phone that the memory information has been backed up and restored.

13. A method according to claim 11, wherein

the header portions of the backup instruction mail and restore instruction mail contain authentication information for a terminal-side user which is personal identification information obtained as a result of computing specific header information according to a predetermined algorithm, and

the method further comprises the step of causing the cell phone to perform personal identification for the user from specific header information and a computation result based on the predetermined algorithm when receiving the backup

instruction mail and restore instruction mail.

14. A method according to claim 11, further comprising the step of creating restore completion notification mail and transmitting the mail to the cell phone upon completion of restore.